

My Peer Wellness Coach

Goals for Peer Wellness Team

Develop peer services in the following four identified areas:

1. **Emotional Support** – This includes activities such as peer mentoring and recovery coaching, as well as recovery support groups.
2. **Informational Support** – This includes provision of health and wellness information, educational assistance, and help in acquiring new skills, ranging from life skills to employment readiness and restoration of citizenship rights.
3. **Instrumental Support** – this includes assistance in filling out applications and obtaining entitlements, linkage to support-group meetings, and clothing closets.
4. **Social Supports** – This includes helping people in early recovery feel connected and enjoy being with others, especially in recreational activities in alcohol- and drug-free environments. Such assistance is especially needed in early recovery, when little about abstaining from alcohol or drugs is reinforcing

A Peer Wellness Coach can...

Peer services are based on the premise that individuals in recovery are a valuable resource to others and their community. Services provided by peers include:

- Peer-led recovery support groups and meetings;
- Assistance in housing, education, and employment opportunities;
- Assistance in building constructive family and other personal relationships;
- Stress management assistance;
- Case management, including obtaining services from multiple systems such as primary and mental health care, child welfare, and criminal justice systems;
- Recovery learning circles and other forms of recovery-related adult education;
- Coaching or training in life skills, health and wellness, education and career planning, and leadership skills development; and
- Alcohol and drug-free social and recreational activities.

Contacting my Peer Wellness Coach...

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